

10km Training Program

TEAM BULLDOG



This 6-week training program for the 10km run will support runners to finish this Melbourne Marathon event strong. Beginners should listen to their body and take more rest where needed.

WEEK/DAY	MON	TUES	WED	THUR	FRI	SAT	SUN
1	3.2km run 7min per km	RECOVERY	Run 400m Walk 1min Repeat 12 times	RECOVERY	Interval Training 1	REST	3.2km run 7min per km
2			Run 600m Walk 1min Repeat 8 times		Interval Training 2		3km run 5-7min per km
3	5km run 7min per km		Run 1km Walk 1min Repeat 6 times		Interval Training 2		3km run 5-7min per km
4	Interval Training 1		8km run		Interval Training 3		5km run 6-8min per km
5	4km run 6min per km		10km run		Interval Training 3		6km run 6-8min per km
6	RECOVERY	Run 1km Walk 1min Repeat 6 times	RECOVERY	Run 1km Walk 1min Repeat 6 times	5km run 5-7min per km		RACE DAY!

TRAINING TIPS

- Running should be at a pace that is slightly uncomfortable and requires extra focus to maintain an honest pace.
- Tempo pace is the pace that helps you teach your body to be comfortable being uncomfortable by maintaining as quick a pace as possible for a specified distance.
- 10km pace is the pace at which you could race or run hard for about 10km
- Use Recovery days as you choose. You can run a few kilometres, cross-train or take a rest.
- Always make sure to listen to your body. Make sure to rest when your body tells you to. If you do not feel challenged enough, feel free to add cross training or weights to supplement the distance.
- On the day of competition, wake up at least two hours before race time and try and put faith in all the training that you have done!



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INTERVAL TRAINING 1

2km at your tempo pace,
followed by this sequence

1 min hard pace,
30 sec slow pace

2min hard pace,
1 min slow pace

3min hard pace,
1:30 min slow pace

3 min hard pace,
1:30 min slow pace

2 min hard pace,
1 min slow pace

1 min hard pace,
30sec slow pace

INTERVAL TRAINING 2

1km run,
7 min per km

1k m at your tempo pace

1km at your 10km pace

1k m at your tempo pace

1km at your 10km pace

4x 100-meter sprint

2-minute rest
between each interval

30 seconds
between Strides

INTERVAL TRAINING 3

2km slow pace

2x 100-meter sprints

1km run,
5-7 min per km

2x 100-meter sprints

2km slow pace

3 minutes recovery
between each interval

30-second recovery
between sprint